

**Don't Ask Whitman To-Day to Veto Movie Censor Bill.**  
Three hundred persons of prominence in the producing, distributing and exhibiting of motion pictures will go to Albany in a special train leaving the Grand Central Terminal at 8:45 this morning on a crusade against the Crisman-Wheeler bill for a State Board of Censors for the movies. They will ask Gov. Whitman to veto it. It is contended that the bill is unconstitutional.

**\$3.00**  
Round Trip  
**BALTIMORE**  
The Monumental City  
**WASHINGTON**  
SUNDAYS  
May 14 and June 11  
Special Train leaves New York, Penn., at 11:30 A. M., returning leaves Washington 8:45 A. M., Baltimore 8:45 A. M.  
Tickets on sale preceding each excursion.  
**Pennsylvania R. R.**

## Obesity Reduction Course For Women

### QUESTION AND ANSWER COLUMN

By Pauline Furlong



Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.

#### Why the Lower Trunk Muscles Need Exercise.

The tendency of superfluous fat to gravitate to the point of least resistance makes the exercises for the lower trunk muscles very necessary in any reducing treatment. Certain well directed practice of various movements will bring about most remarkable results within a short space of time.

As the arms and legs are constantly exercised during our daily duties it is essential that extra exertion and time must be allowed for the movements which directly affect the abdomen, waist line, stomach, hips and thighs. Trunk raising, swaying, body bending and twisting, and the liver squeeze are perhaps the very best ones for the important trunk muscles.

Long walks, with deep breathing practice during them, is one of the greatest aids in bringing the body to normal and beautiful proportions. Obesity pupils should make a study of nutritious values of foods and their effect on the system generally, and they will shortly become convinced that starvation is not at all necessary during the course in reducing. Select foods that are non-fattening but nourishing, and make it a habit to eliminate fats, starches and sweets entirely from your diet.

#### Letters From Readers.

**ITCHING SKIN AFTER BATH—**MILDRED F. writes: "My whole family reads your articles and we all have much fun practicing the exercises. Every one in the house seems to need some different exercise, but you explain them all so well that we know just which ones we each need. I have practiced the chest raising and have rid my neck of hollows and enlarged my upper arms at least two inches in the past year. Will you please tell me what causes my body to itch after the bath?"  
**Strong soap is likely the cause of this.** Use a mild castile soap, as this supplies the body with the necessary oils, which the hot bath removes. Rub the body with olive oil or cold cream to relieve the itching. Hot baths should be avoided entirely if the skin is sensitive. Soften the water with borax and this will prevent chapping.

**FRECKLES AND LIVER SPOTS—**OLIVE H. asks: "What will remove freckles and liver spots? I am told a fast from all foods is the best thing for them. Is this true? What causes them?"

As liver spots are usually the result of retained waste in the system, a short fast, but only under the advice of your physician, will help clear the body of the poisons. It is certain that less foods of all kinds, especially heavy, greasy ones and sweets and starches, if omitted will help remove the liver spots. Drink much pure water and keep the eliminative organs clean. Sweet baths for the skin are also advised. As freckles are beneath the skin it is not possible to remove them without removing the skin. Even then they will return. They are easier to avoid than remove. Strong sunlight causes them to appear, and the skin should be protected with cold cream, powder and a chiffon veil when exposed to it. They have nothing to do with liver spots.

**WARTS—**ANNA H. asks: "How can I remove warts? My hands are covered with them."  
They may be removed by the electric needle or you may touch them with diluted nitric acid on the end of a toothpick.

**SPOTS BEFORE THE EYES—**MRS. DANIEL F. writes: "What causes spots to appear before my eyes when I am reading? Sometimes they seem to be red and then again black. After I have been sewing or reading for any length of time I notice them more."  
Eye strain may cause these, also poor circulation. Take much fresh air exercise and deep breathing. Practice the breathing when you are reading.

ing and sewing and I think you will not be troubled with the spots appearing. If they continue to do so consult an oculist and do not let the trouble run on. Warm salt water baths for the eyes and also a mild solution of boracic acid are advised.

**COLORLESS CHEEKS AND LIPS—**ETHEL K. writes: "What causes me to be so pale? I seem to be perfectly healthy, except that I am constipated always."

If you are constipated always you are far from healthy, although you may not feel badly. It is necessary for you to overcome this trouble before you can hope to have a clear, healthy complexion.

Practice the trunk raising and liver squeezing exercises daily, drink much water and take a glass of hot water, slowly, just before each meal. When you overcome constipation you will see a marked improvement in your complexion.

**TO PERFUME WALNUT HAIR STAIN—**MRS. S. asks: "What do you mean by a few drops of essential oil, mixed with alcohol, to be added to the walnut hair stain?"

Get essential oil, any odor you prefer, and dissolve it in an ounce of alcohol, and add it to the hair stain. It will perfume it and make it less sticky, also help to preserve it. The perfume must be dissolved in alcohol before it will mix with the stain.

**WANTS WEIGHT—**E. L. K. (a man reader) asks: "Please tell me what I should weigh. I am 5 feet 11 inches tall and weigh 150 pounds. I am fifty-five years old."  
You should weigh, at your age, 170 pounds.

**DEVELOPING COURSE—**T. A. E. asks: "I am 5 feet 2 and weigh 130 pounds. Please tell me what I should weigh? Are you going to give charts and advice to the thin readers after the obesity course? I think there are just as many thin persons who want to get fat as fat ones who want to get thin. Am I right?"

If you could look over my mail you would think every person in the world wanted to get thin; however, you may obtain full course in developing if you will send me 48 cents and ask for the developing course. Developing charts and new lessons will appear later on.

**ASTHMA—**MRS. F. R. T. asks: "Can asthma be cured and if so what is the treatment?"

It is a well known medical fact that asthma can be cured in nearly every case. No two cases are alike, however, and a definite plan of cure for one person might lead to a serious complication for another. It will be necessary for you to consult your physician and in the meantime follow a hygienic plan of living, with easily digested foods and light, fresh sunny air, deep breathing practice daily. Careful attention to the action of the eliminative organs, lungs, skin, bowels and kidneys will help you greatly and will not only relieve the attacks, but tend to prevent recurrence. Cultivate calmness and reassurance.

**A LESSON FOR FATHER.**  
William Haragale of Hackensack was sent to jail for 100 days for failing to send his son regularly to school.

#### FORD BOOM IN PENNSYLVANIA

1,000,000 of His Stickers Sent to Primary Voters.

**PHILADELPHIA, May 11.**—A movement to secure the preferential Presidential vote of Pennsylvania in the Republican primaries on May 16 for Henry Ford was begun here today by the mailing throughout the State of a million stickers bearing his name with the request that they be passed on the ballot as a protest against war. The stickers were mailed from the local headquarters of the Patriotic Peace League.

#### NO FRAUD BY SANDLER.

Podowsky's Money Was a Loan to the Medical Student.

Nathan Sandler, a student in the Long Island Medical College, who was sued by Morris Podowsky of No. 204 Sixth Street for \$275, had a verdict rendered in his favor Tuesday when the case was tried before Municipal Justice Lynn and a jury. Podowsky alleged that Sandler obtained the money through misrepresentation, deceit and fraud in connection with a promise to marry his daughter.

Justice Lynn after hearing the evidence in the case, ordered the jury to dismiss the complaint on the ground that there was no evidence of misrepresentation, fraud or deceit and to bring in a verdict for the defendant. Sandler's contention that the money obtained was a loan was upheld by the court.

1865 1916

## DRY COLD STORAGE

For FURS

Moderate Rates

Storage vaults located on the premises

Scarfs and Collarettes of Mole, Mink, Ermine and Fox For Summer Wear

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Telephone 4360 Bryant

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Correct Apparel for Women & Misses  
5TH AVENUE AT 37TH STREET

Will Close Out Friday  
At Greater Reductions

Women's and Misses' Suits

In the wanted silk and cloth fabrics,

**15.00**

Formerly priced to \$39.50

Suits of Silk Faille, Gabardine, Taffeta combined with Serge, Velour Checks, Mixtures and Men's Wear Serge; all late models.

NONE C. O. D.

NO APPROVALS

## Cracker Jack

The more you eat, the more you want



Said little Miss Muffet, "Imagine how tough it Must be to eat whey every day;  
Now, Cracker Jack candy would be fine and dandy,  
I couldn't be frightened away."

Write for the Cracker Jack Riddle Book. Sent free on request. Address Dept. A.

RUECKHEIM BROS. & ECKSTEIN, Inc.  
Bush Terminal Building No. 20  
Brooklyn, New York



**5c**

ALL the youngsters, and big folks, too, agree that the combination of peanuts, popcorn and molasses candy with the natural color and flavor makes Cracker Jack the ideal confection. More nourishing than potatoes, corn, raisins, milk and eggs—in fact, practically any of the everyday foods—wonderful when you stop to realize it.

The best materials are put into it—the best of care is used to have it made good and pure, untouched by hands in making or packing—to have it reach you as good as when packed.

A premium that the kids all like, in each package.

In the Triple Proof Package that keeps out moisture, germs and dust.

Angelus Marshmallows mean the best marshmallows. Made good by the Cracker Jack people. Try them.

## Liggett's RIKER-HEGEMAN Stores



### Baby Foods

Allenbury's Food, No. 1, No. 2, 45c, 83c  
No. 3 27c, 54c  
Benger's Food, 23c, 53c, 1.49  
Borden's Baby Brand Milk, 20c  
Borden's Eagle Brand Milk, 16c  
Brooks' Barley, 15c, 23c, 70c  
Cereal Milk, 42c, 83c, 2.25  
Delangrenier's Racahout, 1.29  
Eskay's Food, 20c, 40c, 60c, 2.15  
Glaxo Baby Food, 50c, 1.00, 2.00  
Imperial Granum, 20c, 52c, 80c, 2.10  
Just Food, 40c, 79c, 1.32  
Lactated Food, 20c, 40c, 79c, 2.19  
Lang's Tissue Food, 19c  
Malted Milk (Horlick's), 38c, 75c, 2.98  
Malted Milk (Borden's), 39c, 75c, 3.00  
Mamala Food, 55c, 3.00  
Mellin's Food, 35c, 55c  
Nestle's Food, 20c, 37c, 1.85  
Peptogenic Milk Powder, 39c, 73c  
Dextri Maltose, 43c, 83c  
Ridges Food, 22c, 42c, 79c  
Robinson's Cereals, 15c, 25c  
Robinson's Barley, 15c, 25c  
Savory's Moore's Infant, 33c, 65c  
Sugar Milk, 25c, 35c, 40c  
Lime Water, pint 5c, quart 10c

## For Your BABY

Q Your Little Baby needs the Best—because Baby is entitled to it—and must have it.  
Q Every Mother and Father realizes how absolutely necessary it is that Foods, Medicines and Toilet Articles for Baby's use be the best obtainable.  
Q Baby's little body is delicate—not fitted to withstand the impurities that go with inferior quality.  
Q You can rely upon Liggett's-Riker-Hegeman goods—they're safe for baby—and at the lowest price consistent with quality.

### NURSERY REQUIREMENTS

Alcohol Steriles, Aluminum, 80c  
Arnold Sterilizer, 8 bottles, 3.27  
Baby Bath Tub, 17.50  
Baby's Ear Caps, 50c, 75c, 1.00  
Baby Scales, with basket, 3.25  
Baby Toilet Sets, 40c  
Bottle Brushes, 5c, 10c, 15c  
Bottle Racks, 30c, 40c, 50c  
Brest Shields (glass), 45c each  
Brest Shields (rubber), 15c  
Cream Dippers, 15c  
Hand-held Bate Mitts, 1.49  
Hygeia Nursing Bottles, 8 oz., 13c  
Infants' Hair Brushes, 2 for 25c  
Infants' Syringes, 25c up  
Langerfeld's Food Warmers, 80c  
Little Beauty Night Lamp, 50c  
Mattress Protectors, 35c to 50c  
Maternity Outfit, 2.25, 5.00

### Good Talcums

Bouquet Laurice Talcum, 50c  
Babcock's Corylopsis, 15c  
Djer-Kiss Talcum, 25c  
Colgate's Talcum, 15c  
Georgia Rose Talcum, 25c  
Hudnut's Talcum, 25c  
Johnson's Baby Talcum, 20c  
L. & F. River, 15c  
Mennen's Talcum, 13c  
Rexall Baby Talcum, 15c  
Rexall Violet Talcum, 15c  
Riker's Violet Excelsior, 15c  
R. & H. Borated and Cor., 20c and 40c  
Isolated Talcums, 15c  
Violet Dulce Talcum, 15c  
Williams' Talcums, 15c

### Use "STORK" Nurseries

**EASY TO CLEAN**  
Wide mouthed, heavy flint, graduated bottles, holding full 8 ounces, with large breast-shaped nipple made without seams or crevices.  
**Good Rubber Nipples**  
Anticolic 5c each; 80c doz.  
Anticolic 5c each; 80c doz.  
Clingard 5c each; 50c doz.  
Hoschick (Day) 5c each; 50c doz.  
Hygeia Ball Cup, 7c each; 50c doz.  
Simplex 2 for 6c; 30c doz.

### Aids Digestion



### Rexall Dyspepsia Tablets

help to relieve stomach ailments. Assist nature by dissolving the foods that the stomach juices failed to dissolve.  
Price 50c and \$1.00



### Rexall TOILET SOAP

A superior grade of mild, white toilet soap, for use in nursery, toilet or bath; lathers freely in any kind of water; daintily perfumed.  
10c Cake, 3 for 25c

### FOR THE HAIR



### Rexall "93" HAIR TONIC

A delightful, fragrant hair tonic stimulating the growth of hair, preventing dandruff, itching, falling hair and scalp irritation.  
50c & \$1  
Rexall Shampoo Paste, 25c

### High Grade Candy

**Fenway Purple Package CHOCOLATES**  
Two-layer pound box containing 42 high grade chocolate creams, with delicious fillings of real fruit, crisp nut meats and cream. Each chocolate in a separate paper cup (as illustrated).  
PRICE 60c

### Spring Tonic!



### Rexall CELERY & IRON

Assists in restoring strength, health and vigor to the entire system, by helping to enrich the blood. It tends to promote a keener appetite, more comfortable digestion, greater energy and better health.  
16 oz. Bottle, 89c

### Protects the Skin



### Rexall VIOLET TALCUM

Made of the best and finest imported talcum. Delicately scented. Recommended for toilet and nursery use, and for after shaving. Has antiseptic qualities.  
Price per can, 15c

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**Rexall TOOTH PASTE**  
A pleasant tasting dentifrice that lightens the gums, removes tartar, cleanses and whitens the teeth without injuring the enamel.  
25c per Tube

The Rexall Stores